British Anti-Tobacco Society,

Instituted April, 1853.

"Shun Smoking as you would self-destruction."-Lancet.

The

Anti-Tobacco

Journal.

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PRINTER'S ERRATUM.

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Clissold Lodge, 30, Bethune Road, Stoke Newington, N.

Or of the Rev. A. Sims, Uxbridge, Ontario, Canada.

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Printe



ad, N.

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A Vital Question.

Can a narcotised brain—help its owner—to "Love the Lord our God with all his might, with all his soul, and with all his strength."

British Anti-Tobacco Society. ESTABLISHED 1853.

The Associate's Branch of the Pearl and Purple Ribbon Ladies' Court.

MOTTOES.

"Whatsoever is lovely and of good report."

"He that ruleth his spirit—is greater than he who taketh a city.

"Not with eye service as men pleasers, but with singleness of heart as unto GOD."

I

resolve, for the Praise and Glory of the King of Kings, to discountenance the ab-use of Tobacco and Strong Drink.

To rule my spirit. To cultivate self-respect—by doing unto my neighbours as I would they should do to me.

Prayer.

(A LOGICAL SEQUENCE).

Great and Almighty God, be pleased to help me by Thy Holy Spirit for Jesus Christ's sake—to be strong to think, to speak and to act rightly—that so I may have a healthy soul, a healthy mind, a healthy body, and healthy circumstances—which will make my life a pleasure to myself, so a pleasure to others and therefore a pleasure and praise to Thee! Amen.

You are earnestly requested to sign this, and return it with your address, prepaid, to

THE EDITOR OF THE "ANTI-TOBACCO JOURNAL," Clissold Lodge, 30, Bethune Road,

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N.B.-UNPAID LETTERS REFUSED,

The Anti-Tobappo Journal.

"HE THAT HATH EARS TO HEAR LET HIM HEAR."

"Can that which is morally wrong be politically right?"
Can that which whould be criminal for Solus, be righteous for Plus? If I force poison upon Solus against his will, can I plead—Not Guilty? Can those then who forced Opium Poison upon a nation, be guiltless? Is it a mistake to consider "that the blindness of the English Nation concerning Tobacco" is an outgrowth from the seed sowing—per force—of Opium poison in China?"

Delirium from Tobacco-using.

From Dr. Depierris "Social Physiology."

DR. FALRET has written with regard to delirium: "The variety of forms of delirium, under the influence of divers kinds of narcotics and spirits is a remarkable phenomenon. However ignorant we are of the cerebral modification to which the particular kind of mental trouble corresponds, let us remember, nevertheless, that the action of stupefiers is far from being constantly the same.

However, it is known, in a general manner that every Narcotic and Spirituous agent, develops more particularly certain moral, exalted, delirious dispositions; that Wine excites to expansion, gaiety and confidence, whereas certain virulent poisons, as Tobacco, plunge into ecstasy, fury, sadness and discouragement. What mysteries in these

phenomena of sensibility!"

"All the energies which grow out of young organism as rays of light and life; all the enthusiasms for the beautiful, the grand, the true, which create art, literature and science, all languish and vanish in the heavy vapours of narcotism. And the brain is benumbed, impotent, and delirious. And the heart ceases to beat with the joyful aspirations of youth."

"What is our Life?"

From Dr. Headland.

"Our life—your Life—each one's—with all its opportunities for good or evil—to what shall we compare it?

"To a Forge, where the same iron may be welded either

into a murderous Pike or a useful Ploughshare.

To a well-filled Armoury, from whose walls may be taken down the Sword to defend the weak and protect the innocent, or the weapon which may oppress the helpless, and make violence and plunder easy.

To a vast *Library*, whose shelves are closely ranged with many books. These volumes may be full of wisdom and knowledge and good counsels, or they may be foolish, immoral,

or sceptical books.

To a Treasury, which may be rich with good coin and precious bullion, or only stored with base money and worth-

less "securities."

To a Memorandum-book with its entries and their dates. Of what character? Marked down with the records of sins, errors, and mistakes, or of duties neglected and opportunities

cast away?"

To all these life may be well compared, and this lays on mankind a solemn responsibility." Are not Smokers among the number of those who "must give account"—of their stewardship? Has Tobacco helped them to employ their lives—for the good of mankind?

Has Tobacco helped to build up noble self-denying characters? Can it be proved that Tobacco has promoted

Mental, Moral or Physical health?

Mental health has not become more renowned, neither has Moral health excited admiration. And Physical health has it not retrograded rather than advanced, since Tobacco has claimed so many devotees? Dr. Depierris's "Social Physiology" condemns Tobacco—as a "shortener of life—and the cause of Mental, Physical, and Moral degeneracy of Modern Society."

Glenburn Hydropathic.

Mr. Philp's Speech, favoured by Mr. W. F.

SIR,—I observe that at the opening of the new establishment the free off-hand remarks made by this veteran of temperance against dram - drinking and tobacco - smoking caused "no small merriment" among the guests. Likely it was when Mr. Philp came down upon the Smokers that the fun got up. Thanks to a full generation of teetotalism, "dram-drinking" is nowadays considered such a serious business that when the process is touched upon, a sober face, a grave demeanour, on the listener's part is the correct thing. Very different though, is it when Tobacco-Smoking is pulled

up. A pleasing smile, a risible expression, "no small merriment" is the order of the meeting. The time to laugh has arrived!

I remember on one occasion, a church soiree it was, the big-gun of the tea-party—a Glasgow bailie, a most worthy individual, quite at home was he at such festive gatherings,—by way of variety in his speech addressed himself to the Tobacco consumers present "the weeds" in front of him. Alas! popular man, good speaker, liberal contributor, influential friend, and all that, down he went, shut-up, red in face, fairly flabbergasted! Actually they boo'd at him, ruffed him down. The Smokers old and young, long pipe and "cutty" men, cigar swells, cigarette chappies, there for the nonce, too many for him were they. Ready to a man of them "to hang a bailie" rather than give the pipe the drop. "Was he gaun to mak' a fool o' them." "A maist daftlike speech o' the bailie's!"

baille's !"

Joking aside, Mr. Philp is quite right; indeed, displays all his wonted acumen as a successful business man, when he denounces Tobacco Smoking. The custom is one of the patent evils of the day, really a clamant popular vice, and all the worse in that it is well nigh universal and hardly ever spoken against. Not too much to say that a census of the male population lies ready to hand in the number of Tobacco Pipes. A pall of smoke, a cloud of tobacco reek lowers here, there, and everywhere, seasoned moreover by a flavour, an odour not precisely of "Araby the blest." Of a verity, be it city street, country road, car or cart, boat or train, the ubiquitous Tobacco puffer is all there. Everybody else feared for him too, for the "Smoke-Fiend" is assuredly no canny to meddle. Quoth he "if yer'e no pleased, get oot ma' road." "Make room for me," is his brand. He is selfishness "entire," as they print on the London porter casks. Would that "Auld Nickie-ben" fashion, "he wad tak' a thocht an' men,'" even were it only on the Port-Bannatvne tramcars.

Talk of the evils of drink, and maybe nobody can too much; yet for ills inflicted, lives sacrificed, coal pit disasters, accidents and mishaps by sea and land, never-failing fire losses, Tobacco-Smoking any day will, "pull devil, pull baker" with its chosen associate and boon companion, Whisky-Drinking. Little wonder that, in view of one of his cotton mills ablaze, the late Mr. Dunn of Duntocher exclaimed that "Pipes and Matches were an invention of the Devil!" And since then, many and many such as he have felt the same. By an easy computation, at least one half the public works, factories, and warehouses burnt down, take fire owing to reckless Tobacco-Smoking: nay, as suggestive as ominous, the Free

Church of Scotland Fire Insurance Committee attribute no small destruction of ministerial property to the like evil.

Then, as weighty American and other authorities affirm, "if Whisky kills the body, Tobacco destroys the mind." However slowly, inevitably and surely concurrently with the excessive popular use of the poisonous Tobacco weed, the nation loses its morale, goes down, sinks mysteriously under a general mental deterioration. In example of this scientific opinion the instance of Turkey is adduced, which, once the first of Powers, is now, through the complete national indulgence in Tobacco, "the sick man of Europe!" Spain, too, fast following suit. Indeed, to come home, in a recent telling article on the vastly increased consumpt of Tobacco, and the consequent abuse of the luxury amongst all ranks of society, the London Times held up the case of Turkey as a warning to this country. The leading journal significantly remarked "that very possibly our present habitual tame submission to persistent foreign insults, which in former more spirited and patriotic times we would not have put up with for a week, furnishes evidence that our now dominant custom of Tobacco-Smoking is sapping and unstringing the national character." Suggestively, smokers avoid fighting their match: go for the Zuluman-not for the Frenchman. Plainly, such an editorial in such a place is a veritable sign of the times. and ought to afford food for Smokers. They are commonly in a "Rule Britannia" mood.

In addition, in the social aspect of life its merits mention that the high authority of the Art Journal maintains "that it is very difficult for a Tobacco-Smoker to be a gentleman in the strict sense of the term." That is, as a Smoker, he can scarcely avoid injuring the feelings of his neighbours; the first note of a gentleman being that he will not hurt any one's good feeling. An effective illustration here I had supplied me on a Clyde steamer, when, having to pass by, a gentleman every bit by dress rubbed clothes with me: straightway his hat was touched, with a most polite "Beg your pardon, sir!" To do so, he had to take the cigar from between his teeth, and in course, emitted a little volume of foul smoke across my face, which was very much more offensive than our almost imperceptible contact. "Grin and bear it" though: for the non-Smoker as things are. The Tobacco - Smoker is in possession: "a high old time of it" has he—as the Scotsman newspaper observed of reeky Glasgow—"wallowing, as he does, in a brutal materialism.

Meantime, hearty thanks for all Non-Smokers, and even from those especial and sensible Smokers who use and do not abuse the weed, to our friend, Mr. Philp, for his warning words and halesome example.—I am, &c., TEMPERANCE.

Good Advice to Smokers.

By W. F.

When you indulge in Smoking along the street, or in any other public place, such as the deck of a steamboat, or on a tramcar; see that you do not blow your smoke upon the face of anyone coming behind you, or who may be near you.

Note.—Smoking is now a general custom, owing to the bad example of so-called gentlemen. As commonly practised to the annoyance of others, it is a very selfish and sensual habit, seriously preventing the formation of the Christian character in young men. The common Smoker, certainly, does not do to others as he would be done to. Also, the constant Smoking now in fashion is just as silly and injurious to men, as the constant eating of sweetmeats is to children. It plainly means mental and moral weakness. From Christian principle do give up offensive Smoking, "and live the life of a

CHRISTIAN GENTLEMAN."

All things whatsoever ye would that men should do to you, do ye even so to them.—Matthew vii. 12.

This Divine saying is the test and proof of a gentleman." Thus, a man who claims the position of a gentleman, will never if possible hurt another's feelings. If he has occasion to differ with anyone, he endeavours to persuade, not by ridicule and sarcasm, but by good reasons.

The Christian rule—that we are to act as we would be done to—is too often understood to apply only to great matters; but it is a characteristic of a gentleman that he fulfils the golden maxim even in small things. A gentleman will answer all civil requests made to him, either by letter or otherwise. He will treat no reasonable person or thing with contempt. A gentleman will not disturb those near him with personalities, such as uncouth noises of the nose and mouth, spitting, paring nails, loud coughing, and talking. A gentleman will always speak respectfully and kindly to his inferiors in worldly position. A gentleman will take care not to smoke in any place where it may be objectionable. A gentleman is kind to animals—killing or hurting none for mere amusement. A gentleman will always try to live as a Christian—trusting through Divine grace to fit himself for the Court of Heaven.

Seek to be a Christian gentleman—whether rich or poor, great or small, master or servant, learned or unlearned, you may be so.

H.

Letter to the Editor.

DEAR MADAME.—It is a long time since I wrote you, but I can assure you that I have not been in the least neglectful of my duties as a worker in my Master's vineyard. I have been very busy since the opening of the season in Band of Hope work. During the winter I arranged to give lectures to any Band of Hope or Temperance Society on the Physical effects of Alcohol and Tobacco.

I have had many invitations up to the present time, and I believe that my labours have been blessed. I deeply mourn the frightful increase in Juvenile Smoking, but when so many Fathers, Sunday School Superintendents, and Ministers of Religion, smoke in our streets, is it to be wondered at? Scarcely a day passes but I see Ministers Smoking, and yet these very men, bemoan the fruitlessness of their labours forgetting that the example they are setting before the world is one of selfish indulgence, rather than of self-denial and sacrifice.

I recently addressed our own Band of Hope. About 150 were present, and although my address was long, the boys and girls listened with deep and earnest attention, and I have reason to think that it will not be without fruit in the days to come. My address was illustrated with coloured diagrams, and even the adults were much pleased.

We must press on in our work, asking in faith that the Master will bless the work done for Him, and if we "ask in

faith, believing," our work will not be in vain.

I hope, if spared, to visit your Great City in the coming May, to have the pleasure of a visit to you, and get a new supply of the literature, which I have found so useful.

Kind regards to Miss Nicholson and yourself, and my sincere prayer is that your lives may be long spared and your

labour abundantly blessed.

Faithfully yours, in the work of saving the young. J. H.

Anti-Cigarette League.

From "Woman's Signal" for May, 1894.

The young women of Corona have organised a club, which they call the Anti-Cigarette League. Every member is pledged to do all in her power to "put down the cigarette habit," and the rules of the League forbid the members to "associate with, or even recognise young men who smoke cigarettes."

Brother Jonathan, Junior.

A Tobacco Nerve!

And it frequently happens with Tobacco in your mouth you feel bad all the time and worse without it, and this will go on until some of the following symptoms indicate that the system is dangerously saturated with nicotine, involving an impotent, weakened condition of the nerve centres and if allowed to continue will surely lead to organic disease of the heart, kidneys, lungs and brain. The marked symtoms are that the victim feels worse in the morning, gradually improving as night approaches, blood circulates improperly, face is flushed, irritable temper, languor, sleepless nights, dull, heavy ache in the head, ringing in the ears, irregular action of the heart, etc. Dr. L. Bremer, late physician to the St. Vincent's Institution for the Insane of St. Louis, in a talk about the injurious effects of Tobacco, said: "There is an alarming increase of Juvenile Smokers, and basing my assertion on the experience gathered in private practice and at the St. Vincent Institution, I WILL BROADLY state that the boy who Smokes at seven, will drink Whiskey at fourteen, take to Morphine at twenty or twentyfive, and wind up with Cocaine and the rest of the Narcotics at thirty and later on. A sure, perfect and harm less remedy for this great destroyer of nerve force can be found only in NO-TO-BAC, for the great secret of NO-TO-BAC'S wonderful success and absolute certainty of a cure lies in the fact that it is a combination of remedial agents that Antidote the NERVE-DESTROYING EFFECTS OF TOBACCO.

Will No-To-Bac Cure the Tobacco Habit?

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case. Therefore it must possess medicinal merit of great value and be fully known to us in order to justify so fair a proposition. We further say that any reliable preparation can be sold under an absolute guarantee that it will do all that is claimed for it. Testimonials prove nothing compared with a guarantee. We publish testimonials, a few taken here and there at random, out of the many thousands we have received within the last few months, in order that you may be advised as to the varying conditions under which NO-TO-BAC has been most severely tested, and the absolute uniformity of results obtained in every case.

The Temperance Cause.

THE Brewers' Journal gives the aggregate of British investments in American breweries at £18,934,000, or 94,670,000 dollars.

The Iniquitous Inwardness of the Opium Vice.

Bombay being considered to be a healthy place, and not so malarious as other parts, I concluded that the great quantity of Opium sold in this city would not be required for medicinal purposes, and to find out the truth minutely questioned every Smoker or eater I met as to the reason for which he first took Opium. Their answers were a revelation to me. As a further test case, on the 31st of July, 1893, I conversed with seventy Opium Smokers in one den, and out of that number sixty-five agreed in saying that the chief reason for using Opium was its supposed power to sustain abnormal sexual endurance. An account of this visit appeared in the Banner of Asia for September of that year.

As is common in Eastern countries, the manner of speech is very plain, and these things are more generally talked of than in Western lands; but the interests of truth upon so serious a subject demand that details be fully given, though perhaps not suitable for publication in any other than a Royal Commission [Details follow here which, although unsuitable to print for general circulation, will appear according to Lord Brassey, in the printed official proceedings of the Opium Commission, to be presented to Parliament.]

This artificial aid to debauchery, while it affords almost incredible licence for a short time, yet, after a few months, or in some cases, a year or two, dries up the man's vitality, and leaves him physically and morally wrecked for the rest of his days.

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